WE CLAIM:

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1. A collection of particles wherein the particles comprise zinc and at least one non-zinc metal, the non-zinc metal having a reduction potential equal to or more positive than the reduction potential of the zinc, wherein the particles have an average diameter from about 0.1 mm to about 1 mm.

- 2. The collection of particles of claim 1 wherein the at least one non-zinc metal is present in a concentration of from about 50 parts per million to about 10,000 parts per million.
- The collection of particles of claim 1 wherein the at least one non-zinc metal is present in a concentration from about 200 parts per million to about 800 parts per million.
 - 4. The collection of particles of claim 1 wherein the particles have an average diameter from about 0.3 mm to about 0.7 mm.

5. The collection of particles of claim 1 wherein the particles have a size distribution wherein at least 95 percent of the particles have a diameter greater than about 40 percent of the average diameter and less than about 160 percent of the average diameter.

- 20 6. The collection of particles of claim 1 wherein the particles have a particle density of at least 5 g cm⁻³.
 - 7. The collection of particles of claim 1 wherein the at least one non-zinc metal is selected from the group consisting of bismuth, indium, tin, lead, thallium, mercury, magnesium, manganese, aluminum and combinations thereof.
 - 8. The collection of particles of claim 1 wherein at least about 95 percent of the particles have lengths along the three principle axes of the particles that are within a factor of three of the average particles diameter.

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9. A fuel cell fuel comprising a collection of particles of claim 1 dispersed in an aqueous alkaline electrolyte.

- 10. A fuel cell fuel of claim 9 comprising from about 30 weight percent to about 50 weight percent KOH.
 - 11. A fuel cell fuel of claim 9 further comprising a stabilizer selected from the group consisting of a silicate salt, lithium hydroxide, sorbatol, sodium metaborate and combinations thereof.

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- 12. An electrochemical cell comprising:
- an anode comprising a collection of metal particles of claim 1 and an electrolyte in a flowable dispersion;
- a gas diffusion electrode comprising a catalyst for catalyzing the reduction of a

 gaseous oxidizing agent; and
 - a separator between the anode and the gas diffusion electrode.
 - 13. A fuel cell system comprising an electrochemical cell of claim 12 and a regeneration unit connected to the electrical chemical cell wherein the regeneration unit is operably connected to the electrochemical cell to provide the electrochemical cell with a regenerated collection of particles.
 - 14. A regeneration solution for use in a electrochemical cell, the solution comprising: an alkaline aqueous electrolyte;
- zincate ions; and
 - at least one non-zinc metal oxide or metal hydroxide.
 - 15. The regeneration solution of claim 14 further comprising a zincate stabilizer.

16. The regneration solution of claim 15 wherein the zincate stabilizer is selected from the group consisting of a silicate salt, lithium hydroxide, sorbatol, sodium metaborate and combinations thereof.

- 5 17. The regeneration solution of claim 15 wherein the stabilizer comprises sodium silicate.
 - 18. The regeneration solution of claim 14 further comprising zinc particles.
- 19. The regeneration solution of claim 14 wherein the zincate ions are present in a concentration from about 0.3M to about 5.2M.

- 20. The regeneration solution of claim 14 wherein the at least one non-zinc metal oxide or metal hydroxide is present in a concentration from about 100 ppm by weight to about 500 ppm by weight.
- 21. The regeneration solution of claim 14 wherein the at least one non-zinc metal oxide or metal hydroxide is present in a concentration from about 50 ppm by weight to about 1000 ppm by weight.
- 20 22. The regeneration solution of claim 14 wherein the at least one non-zinc metal oxide is selected from the group consisting of the oxides of mercury, indium, bismuth, tin, lead, thallium and combinations thereof.
- 23. The regeneration solution of claim 14 wherein the sodium silicate is present in a concentration from about 1 percent by weight to about 5 percent by weight.
 - 24. The regeneration solution of claim 14 further comprising poly(vinyl pyrrolidone) at a concentration from about 500 ppm to about 1000 ppm.
- The regeneration solution of claim 14 wherein the electrolyte comprises potassium hydroxide at a concentration form about 30 weight percent to about 50 weight percent.

26. A regeneration unit comprising the regeneration solution of claim 14, an anode and a cathode suitable for regenerating metal particles.

- 27. The regeneration unit of claim 26 further comprising a pump for circulating a regeneration solution through the regeneration unit.
 - 28. The regeneration unit of claim 26 further comprising a storage container for storing a portion of the regenerated collection of metal particles.
- 10 29. A method of replenishing the fuel for a metal-based fuel cell comprising an anode and a cathode, the method comprising:

providing a collection of particles of claim 14 dispersed in an electrolyte to the anode of the fuel cell.

- 15 30. The method of claim 29 wherein the collection of particles is generated in a regeneration unit comprising two electrodes.
 - 31. The method of claim 29 wherein the collection of particles has a size distribution wherein at least 95 percent of the particles have a diameter greater than about 40 percent of the average diameter and less than about 160 percent of the average diameter.

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32. A method for electrolytically generating zinc particles from a solution comprising oxidized zinc, the method comprising:

generating zinc particles from a regeneration solution by applying a sufficient voltage to the regeneration solution such that oxidized zinc is reduced to zinc particles, wherein the regeneration solution comprises an electrolyte, oxidized zinc, and at least one non-zinc metal oxide.

33. The method of claim 32 wherein the generated zinc particles have an average particle diameter from about 0.1 mm to about 1 mm.

34. The method of claim 32 wherein the regeneration solution further comprises sodium silicate.

- 35. The method of claim 32 wherein the voltage is applied to the regeneration solution in a regeneration unit using oppositely charged plates.
 - 36. The method of claim 35 wherein the oppositely charged plates are aligned parallel to each other in the regeneration unit.
- The method of claim 32 wherein the regeneration solution is continuously circulated through the regeneration unit by a pump.
 - 38. The method of claim 32 wherein the regeneration solution is periodically circulated through the regeneration unit by a pump.
 - 39. The method of claim 32 wherein at least a portion of the generated zinc particles are transported from the regeneration unit to a storage container.

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- 40. The method of claim 32 wherein the generated zinc particles have a size distribution wherein at least 95 percent of the particles have a diameter greater than about percent of the average diameter and less than about 160 percent of the average diameter.
 - 41. The method of claim 32 wherein the regeneration solution is generated in a metal/air fuel cell by the oxidation of a collection of particles comprising zinc and at least one non-zinc metal.
 - 42. The method of claim 32 wherein the generated zinc particles are consumed in a metal/air fuel cell to form a consumed zinc solution.

43. The method of claim 42 wherein a sufficient voltage can be applied to the consumed zinc solution to generate a collection of zinc particles, wherein the collection of zinc particles has an average particle diameter from about 0.1 mm to about 1 mm.